Week 8 (18/12/23)

Monday/Wednesday/	Tuesday/Thursday	Friday/Sunday	
Saturday			
One glass of water + One	One glass of water + One spoon of lemon juice one spoon jeera seeds+		
8-10 almond and walnut	8-10 almond and walnut one		
green tea	green tea		
vegetable soup	vegetable soup		
water+ one spoon 10gm	water+ one spoon 10gm chia seeds		
One katori vegetables 10	One katori vegetables 100gm + curd 50gm		
Bhagar30gm +moong	Kodo Rice /jawar dalia	Ragi dosa 30gm	
dal 30gm	30gm	Vegetable100-150gm	
Vegetable100-150gm	Dal one katori sabji	+ chana dal chutney	
100gm (less sweet)	Vegetable10 One fruit	•	
	100gm (less sweet)0-	+One fruit 100gm (less sweet)	
	150gm	(1000 011 000)	
Flax seed one spoon with	Flax seed one spoon with saunf one spoon + one glass of water		
vegetable soup	vegetable soup		
Seeds (watermelon, sun	Seeds (watermelon, sunflower, pumpkin seeds)		
Green tea	Green tea		
One roti 30gm/rice	Mot 60gm Vegetable	200gm steamed	
30gm	100gm-150gm	chicken vegetable	
Sabji + vegetable 100-	And panner 30gm	salad	
	Vegetables salad	Or fish 200gm	
	2022222	Or four ogg whites	
granules(when eggs		Or four egg whites	
	Saturday One glass of water + One 8-10 almond and walnut green tea vegetable soup water+ one spoon 10gm One katori vegetables 10 Bhagar30gm +moong dal 30gm Vegetable100-150gm khichadi One fruit 100gm (less sweet) Flax seed one spoon with vegetable soup Seeds (watermelon, sun Green tea One roti 30gm/rice 30gm Sabji + vegetable 100-150gm + two eggs white/ 30gm soya	One glass of water + One spoon of lemon juice on 8-10 almond and walnut one green tea vegetable soup water+ one spoon 10gm chia seeds One katori vegetables 100gm + curd 50gm Bhagar30gm +moong dal 30gm Vegetable100-150gm khichadi One fruit 100gm (less sweet) Flax seed one spoon with saunf one spoon + one good vegetable soup Seeds (watermelon, sunflower, pumpkin seeds) Green tea One roti 30gm/rice 30gm Sabji + vegetable 100- 150gm + two eggs white/ 30gm soya Vegetables salad Vegetables salad	